

WELLNESS & HEALTH SCREENING



Expo Idaho, South Hall
5610 N Glenwood,
Boise, ID 83714

May 6th
Saturday
10am-5pm
Booth #115

One-stop hassle-free services:

- Wellness Visit
- Vitals Check
- Blood Draw
- Cholesterol Screening
- Vaccinations

Provided by



EXPLANATION OF HEALTH SERVICES

Lab Panel

• Comprehensive Metabolic Panel (CMP)

The Comprehensive Metabolic Panel (CMP) is a frequently ordered panel of tests that provides important information about the status of your kidneys, liver, blood sugar (glucose), and electrolyte and acid/base balance. **An 8-hour fast is preferred. You may drink black coffee, tea, and LOTS of water.**

• Thyroid Screening (TSH)

The Thyroid Screening measures the Thyroid Stimulating Hormone for hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid). It is important to test your TSH value every 6-12 months if you are taking thyroid medication. **No fasting is necessary.**

• Complete Blood Count (CBC)

The Complete Blood Count (CBC) is used as a broad screening test to check for disorders such as anemia, infection, and many other diseases. It is a panel of tests that examines different parts of the blood. **No fasting is necessary.**

• Hepatitis C

HCV is an infection caused by a virus that attacks the liver and leads to inflammation. The virus is spread by contact with contaminated blood, for example, from sharing needles or from unsterile tattoo equipment. Through a routine blood test, we check for the hepatitis C virus antibody to assess for past or current hepatitis C infection.

• Lipid Panel

The Lipid Panel consists of: Total Cholesterol, HDL (good) Cholesterol, LDL (bad) Cholesterol, Triglycerides, TC/HDL Ratio. **An 8-hour fast is preferred. You may drink black coffee, tea, and LOTS of water.**

• Prostate Screening (PSA)

The Prostate Screening measures the Prostate Specific Antigen (PSA) and is one of the best screening tests for the early detection of prostate cancer and other prostate problems. PSA screening is performed on all men 40 years and older (unless medically necessary) and is only a blood test. **No fasting is necessary.**

• Diabetes (Hemoglobin A1c)

The A1c test calculates your average blood sugar for the past 2-3 months. It allows you to see if you are controlling your blood sugar levels. This is possible because sugar attaches to the hemoglobin in your blood, where it is attached there for the life of the red blood cell – about 3-4 months. **No fasting is necessary.**

Vitals

• Height, Weight, Pulse, & Oxygen Saturation

• Body Mass Index (BMI)

BMI is a number calculated from a person's weight and height. BMI can be used to assess if a person is overweight or obese, and estimate relative risk of disease compared to normal weight.

• Blood Pressure (BP)

A blood pressure test measures the pressure in your arteries as your heart pumps. This test is used to determine if you have prehypertension, high blood pressure (hypertension) or low blood pressure (hypotension).

• Waist Circumference (if indicated)

Influenza & COVID-19 Vaccinations

We offer on-site vaccination clinics beginning mid-September through January. Other vaccines available upon request.

Wellness Visits & Preventative Counseling

Participants will have the opportunity to receive a wellness visit or preventative counseling with one of our medical providers. This includes a thorough review of personal health history, family health history, and lifestyle factors to evaluate risk factors for preventable chronic illness. Participants will receive education for the prevention of diabetes, hypertension, heart disease, cancers, and other illnesses. We will also cover age and gender specific routine screenings and immunization guidelines. Wellness participants will receive a brief physical exam by the medical provider. Participants will have the opportunity to ask questions and receive individualized education. The provider will order a comprehensive screening laboratory panel and review these labs with consideration of risk factors. Our goal is to promote health and help our participants to set attainable and sustainable goals that improve health.

Lab Result Review

All lab results are reviewed by a provider (MD, NP, or PA) prior to being sent to participants with follow up recommendations.

Additional Services: Preventative Health also offers the following programs, but they are not covered by insurance:

- Wellness Promotion & Corporate Consulting: We will help companies plan an effective health and wellness program.
- Coordination of incentive-based wellness programs through payors and employee-based programs.
- Employer-based clinical services.